

Questions for "The Knowledge is Money Game"

Category: Biological Effect of Alcohol

\$100

Question: A developing baby is exposed to alcohol when the

- a. father drinks alcoholic beverages.
- b. **mother drinks alcoholic beverages.*
- c. mother sees an alcoholic beverage.
- d. mother touches a bottle of alcohol.

\$200

Question: What have scientists learned about the effects of alcohol on a developing organism?

- Answers:**
- a. **Alcohol can kill cells.*
 - b. Alcohol has no affect on a developing organism.
 - c. Alcohol does NOT harm humans.
 - d. Scientists have not done any research on this question.

\$300

Question: What part of the human body can be affected by alcohol exposure during development?

- Answer:**
- a. Brain
 - b. Facial features
 - c. Heart
 - d. **All of the above.*

\$400

Question: During pregnancy, when can exposure to alcohol result in harm to the developing baby?

- Answer:**
- a. The first trimester (1-3 months)
 - b. The second trimester (3-6 months)
 - c. The third trimester (6-9 months)
 - d. **All of the above.*

\$500

Question: How do scientists study the effects of alcohol on a developing organism? They

- Answers:**
- a. ask a question or formulate an hypothesis.
 - b. test the hypothesis in an experiment.
 - c. analyze the results and draw conclusions.
 - d. **All of the above.*

Category: What's in a name?

\$100

Question: What is a birth defect?

- Answer:**
- a. **An abnormality of body structure or function present at birth*
 - b. Delivering a baby after the "due date"
 - c. A birthday on February 29th
 - d. Any premature birth

\$200

Question: What does the term “prenatal” mean?

- Answer:**
- a. Under-aged
 - b. A region of the brain
 - c. **Before birth*
 - d. Before Christmas

\$300

Question: What is FAS?

- Answer:**
- a. It stands for “First and Always Sober”.
 - b. **A disorder characterized by growth retardation, facial abnormalities and central nervous system dysfunction caused by maternal alcohol use during pregnancy*
 - c. A substance which causes birth defects
 - d. All of the above

\$400

Question: What is FAE?

- Answer:**
- a. It stands for Fetal Alcohol Effect.
 - b. It refers to the presence of some, but not all, symptoms of FAS in an individual.
 - c. It means a disorder which should be diagnosed only by a doctor.
 - d. **All of the above*

\$500

Question: What is a “syndrome”?

- Answer:**
- a. An organization or institution
 - b. A sports arena
 - c. **A group of physical signs and symptoms which, when seen together, characterize a single disorder or disease*
 - d. None of the above

Category: Pregnancy and Drinking

\$100

Question: How much alcohol is KNOWN to be safe to drink during pregnancy?

- Answer:**
- a. One glass of wine a day
 - b. Three beers a day
 - c. Any amount is safe
 - d. **There is NO known amount of alcohol which is safe to drink during pregnancy.*

\$200

Question: What should a woman do if she is planning a pregnancy or is pregnant?

- Answer:**
- a. **Stop drinking alcoholic beverages of any kind*
 - b. Learn a foreign language
 - c. Take dance lessons
 - d. Chew gum

\$300

Question: How long can the effects of a mother's alcohol abuse last in her developing baby?

- Answer:**
- a. 12 months
 - b. 10 years
 - c. Until high school graduation
 - d. **An entire lifetime.*

\$400

Question: What is the leading KNOWN cause of mental retardation in the U.S.?

- Answer:**
- a. Poor maternal nutrition.
 - b. German measles in pregnant women.
 - c. **Maternal alcohol consumption during pregnancy.*
 - d. Maternal consumption of over-the-counter medication during pregnancy.

\$500

Question: When is a safe time for a woman to drink during her pregnancy?

- Answer:**
- a. Between 5 p.m. and 8 p.m. each evening.
 - b. **Never.*
 - c. During her third trimester.
 - d. Any time is safe.

Category: Just the facts

\$100

Question: Alcohol is found in which of the following?

- Answer:**
- a. Beer
 - b. Wine coolers
 - c. Hard liquor
 - d. **All of the above.*

\$200

Question: What types of alcoholic beverages are SAFE to drink during pregnancy?

- Answer:**
- a. *Beer.*
 - b. *Wine coolers.*
 - c. *Hard Liquor.*
 - d. **None of the above. Alcohol consumption, in any form, may harm a developing baby.*

\$300

Question: What is the cure for Fetal Alcohol Syndrome?

- Answer:**
- a. **There is no known cure.*
 - b. Exercise.
 - c. Diet
 - d. Medication.

\$400

Question: What percentage of cases of alcohol-related birth defects could be prevented?

- Answer:**
- a. 10%
 - b. 50%
 - c. 75%
 - d. **100%*

\$500

Question: What types of problems could an individual with FAS experience?

- Answer:**
- a. Difficulties understanding cause and effect relationships
 - b. Mental retardation
 - c. Learning disabilities
 - d. **All of the above.*

Category: Having healthy babies

\$100

Question: What is the best way to eliminate alcohol-related birth defects? A pregnant woman should...

- Answer:**
- a. take extra vitamins.
 - b. **never drink alcoholic beverages of any kind during her entire pregnancy.*
 - c. sleep with the windows open at night.
 - d. ask her doctor for the appropriate shot to prevent alcohol-related birth defects.

\$200

Question: What can a father do for the health of his developing baby?

- Answer:**
- a. Encourage a pregnant woman to stop drinking alcohol.
 - b. Encourage a pregnant woman to get prenatal health care.
 - c. **a and b are correct.*
 - d. None of the above. A father can do nothing for the health of his developing baby.

\$300

Question: Who should learn about FAS?

- Answer:**
- a. Adults
 - b. Teachers and Doctors
 - c. Pre-teens and teens
 - d. **All of the above.*

\$400

Question: If a woman has been drinking alcohol before she realizes she is pregnant, she should

- Answer:**
- a. stop drinking alcohol of any kind, as soon as she finds out.
 - b. seek professional help if she has trouble quitting drinking.
 - c. drink only beer and not wine for the rest of her pregnancy.
 - d. **a and b are correct.*

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Question: What is(are) some resources that can help a person learn more about FAS and other alcohol-related birth defects (ARBD's)?

- Answer:**
- a. National Organization on Fetal Alcohol Syndrome (NOFAS)
 - b. National Institute of Alcohol Abuse and Alcoholism (NIAAA)
 - c. March of Dimes
 - d. **All of the above.*

Final Round Question:

Question: Who is at risk for alcohol-related birth defects?

- Answer:**
- a. Only babies whose biological parents both have FAS.
 - b. Only babies who have relatives with FAS.
 - c. Only babies whose parents are in disadvantaged economic conditions.
 - d. **Any baby whose mother drinks alcohol while pregnant, regardless of age, race, ethnic, social or economic conditions.*

Interpreting your score

\$0	Noble Effort. Knowledge for the sake of knowledge is its own reward!
\$1 to 2,499	Ka-chink! Your knowledge pays off.
\$2,500 to 4,999	Sooo Smart! Share your knowledge with your friends.
\$5,000 to 9,999	A Regular Walking Encyclopedia! When you talk, folks listen!
\$10,000 to 15,000	The Ultimate Expert. Your knowledge is in demand!

Glossary*

agenesis: Absence or failure of formation.

anomaly: Deviation from what is normal. Anything structurally unusual or irregular.

alcohol: The colorless, flammable liquid, ethanol, which is the intoxicating agent in whisky, gin, rum, beer, wine coolers and other fermented or distilled liquors.

alcohol-related birth defects/ARBD: A term used to describe the full spectrum of effects attributable to prenatal exposure to alcohol-from subtle to full fetal alcohol syndrome.

binge drinking: The drinking of a lot of alcohol at once, but at infrequent periods of time.

birth defect: An abnormality of body structure or function present at birth.

conceptus: The product of conception.

CNS (central nervous system): Brain and spinal cord.

corpus callosum: The major connection between the left and right halves of the brain.

dysgenesis: Defective embryonic development.

embryo: A conceptus, from the time of implantation to approximately eight weeks (60 days) of human development.

Fetal Alcohol Effects/FAE: The presence of some of the symptoms of FAS, but not enough to be diagnosed as fetal alcohol syndrome (usually the absence of facial characteristics).

Fetal Alcohol Syndrome/FAS: A full spectrum of mental (central nervous system abnormalities) and physical effects (reduced growth and typical facial features) caused by prenatal alcohol exposure.

fetus: In humans, the conceptus from approximately eight weeks after fertilization to the time of birth.

gestation: Prenatal development.

hemisphere: Half of the cerebral cortex of the brain.

mental retardation: Brain damage due to genetic conditions, environmental causes, illness or injury that can affect learning, self-direction and self-care.

miscarriage: The spontaneous aborting of the embryo or early fetus that usually occurs for no known reason.

philtrum: The groove and parallel ridges on the face between the nostrils and upper lip.

placenta: A large organ attached to the uterine lining that allows nutrients and oxygen to pass from mother to fetus via the umbilical cord.

prenatal: Before birth.

stillbirth: Delivery of a dead baby after 20 weeks of gestation.

syndrome: A group of physical signs and symptoms which, when seen together, characterize a single disorder or disease.

teratogen: A substance that adversely affects embryonic or fetal development.

trimester: The time period of three months. Three trimesters occur during pregnancy: the first second and third.

variable: a measurable factor, such as temperature or pressure which can be changed in an experiment.

*Modified from "The Fabulous F.A.S. Quiz Show," The March of Dimes Birth Defects Foundation and the Washington State Department of Health.